

October 2024

HEALTHY DENT COUNTY

Healthy Dent County

FASHION SHOW

@ The Armory

SATURDAY, OCTOBER 19TH

12 - 2 p.m. - Lunch Served

Tickets Available:

The Salem Community Center @ the Armory

See inside flyer for details!

Healthy Dent County
Fitness Center
NEW YOGA CLASS
Saturdays in October

Healthy Dent County
Fitness Center
RATE ADJUSTMENTS

Reserve your holiday
celebration NOW
@ the Armory!

Member Spotlight
Michael Ashton

Witches' Walk
Saturday, Oct. 26th
9 a.m. @ the Tiger Trail

Disco Casino Night
Saturday, Nov. 2nd
5:30 @ the Armory



Michael Ashton



Follow us on Facebook: [Healthy Dent County Fitness Center/Council for a Healthy Dent County to stay up to date](#)

Healthy Dent County

FASHION SHOW

@ The Armory

Come join us for lunch and a runway fashion show!
A stylish showcase of local clothing retailers!

Flying W Boutique* ★ **Reveric Boutique & Designs***
Rockin G Western Trading Post* ★ **Walmart**

Tickets currently available at the
Salem Community Center @ the Armory

*Tickets available at these locations Starting Monday, September 16



SATURDAY, OCTOBER 19TH



12 - 2 p.m. - Lunch Served

Salem Community Center @ the Armory Event Center
1200 West Rolla Road, Salem

Ticket Price

In Advance: \$25

At the Door: \$30



Witches Walk

Healthy Dent County



SPONSORED BY

✦ Salem License Office ✦

SALEM, MO

Saturday, October 26th at 9 a.m.

Starts at the Tiger Trail

(1601 Doss Rd, Salem, Mo 65560)



\$25 per person





Witches Walk

Healthy Dent County

SPONSORED BY

★ Salem License Office ★

Saturday, October 26th, 2024

Make checks payable to:

Healthy Dent County

P.O Box 190

Salem, MO

Name _____ Date of Birth _____

Address _____ Phone Number _____

Email Adress _____ Shirt Size _____

\$25 per person

Register by Wednesday October
16th to guarantee a shirt.

Amount Paid _____ Date _____



11.16.24
SALEM / ROLLA, MO



Marathon & Half Marathon
courses are now USATF Certified



HONORING OUR
HEROES
MARATHON



**5K, 10K, HALF,
RELAY, FULL MARATHONS**

- ✓ *Benefits Local Veteran's Causes*
- ✓ *Free Pasta Party*
- ✓ *In-Person Races*
- ✓ *Low Registration Fees*
- ✓ *Post Race Party*
- ✓ *Virtual Options*



HEROESMARATHON.COM



VETERANS/ACTIVE DUTY/FAMILIES
50% OFF REGISTRATION

SEE WEBSITE
FOR DETAILS



Team HDC's Virtual 5k



Join Healthy Dent County's Team HDC for a **virtual 5k** to Honor our Heroes Marathon. You can do this event anytime, anywhere between November 1st-16th. Or **join us:**

Saturday, November 9th at 9 a.m.
Salem Community Center @ the Armory

Register online at
Heroesmarathon.com

Use Code: **HDC24** to save **25%**
off your registration fee

Questions? Please call us at 573-729-8163
or email Jackie@salemcommunitycenter.org

FREE Expo Event



Friday, November 15th

4:30 p.m. - 7:00 p.m.

Salem Community Center @ the Armory

1200 West Rolla Road , Salem MO 65560

**This event is open to the public.
Come see our vendors!
Vendors located in the gymnasium.**

**Questions or want to be a vendor?
Please call us at 573-729-8163
or email Jackie@salemcommunitycenter.org**

Healthy Dent County's
Casino Night Presented by:



Jonah Schafer, Agent
(573) 729-5165



CASINO NIGHT



Hosted at: Salem Community Center @ the Armory

Saturday, November 2nd, 2024

5:30 PM - Doors Open - Cash Bar
6:30 PM - 9:00 PM - Gaming

New This Year!

Local Celebrity Dealers - 9 Additional Blackjack Tables
Blackjack Table Reservations - \$100 (Seats 7)

Blackjack - Craps - Roulette - Texas Hold Em'
\$50/person - \$85/couple

**Ticket includes \$10,000 gaming money for prizes at the end of the night.
Purchase before Friday, October 25 for an additional \$5,000 gaming money.**

Disco attire is encouraged

(Extra \$1,000 for arriving in Disco attire)

Tickets available at the Salem Community Center @ the Armory
and online tinyurl.com/DiscoCN24



For questions, please call us at (573)729-8163



HEALTHY DENT COUNTY PREVENTION COALITION



September 2024

The long-term effects of vaping are unknown... Don't be a lab rat. DON'T VAPE!

We're super excited to be back in the schools teaching the Too Good For Drugs Program for grades 4-6! Check out these awesome shirts that all participating students will receive!

TEENS WHO USE NICOTINE VAPES ARE UP TO 2000% MORE LIKELY TO USE MARIJUANA.

COLUMBIA UNIVERSITY - MAY 2023

www.SalemCommunityCenter.org



Missouri State Highway Patrol **SALEM**



DRIVER AND WRITTEN EXAM LOCATION **Salem Community Center @ the Armory**

- 1200 West Rolla Road, Salem, MO 65560
- 2nd, 4th, and 5th Wednesday of the month
(CLOSED during holidays)
- Written 9:45-11:50; 12:30-3:45;
- Driving 9:45-11:30; 12:30-3:20



www.mshp.dps.missouri.gov



USPA

IRON MANIA

SATURDAY, FEBRUARY 15, 2025, 9 A.M. - 5 P.M.
HEALTHY DENT COUNTY FITNESS CENTER
1200 WEST ROLLA ROAD, SALEM MO

PARTICIPANTS (13+) MUST REGISTER ONLINE AT

<https://uspa.net/upcoming-events/>
OPEN TO MEN AND WOMEN

COST: FULL POWER: \$125

CROSS OVER: \$35

SPECTATOR FEE: \$10

**SCAN QR CODE
TO REGISTER**



CONCESSION ITEMS AVAILABLE FOR PURCHASE

Singlet REQUIRED for participation

Divisions include: Raw, Classic Raw, Single Ply, Squat, Bench, Deadlift.

Age Divisions: Teen; Jr20-23, Open; Sub Master, 35 to 39, & Master

***Lifters must possess a valid membership from USPA before they can register**

PLEASE GO TO USPA.NET FOR OFFICIAL RULES.

Questions? Please call 573-739-1127 or email Susie@salemcommunitycenter.org

RATE INCREASE

IMPORTANT

HEALTHY DENT COUNTY FITNESS CENTER

We wish to express our sincere gratitude for your continued support and dedication as a member of the Healthy Dent County Fitness Center. Your commitment has been instrumental in helping us achieve significant milestones over the years.

Healthy Dent County is a non-profit organization devoted to enhancing and expanding the Salem Community Center @ the Armory, including the Fitness Center. To ensure we can continue to provide exceptional services and maintain our facilities, we must adapt to rising operational costs.

We believe in transparency, which is why we're informing you about these changes well in advance:

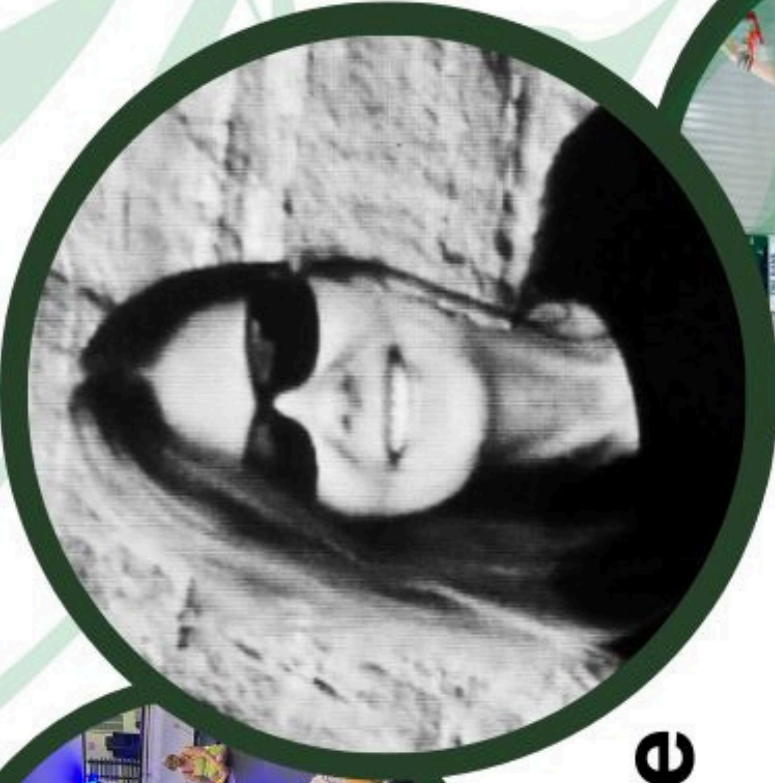
- Starting October 1st, the fee for 24-hour access will rise from \$5 to \$10 per month.
- Additionally, beginning January 1st, the base membership rate for NEW MEMBERS will increase from \$33 to \$35 per month.

We are happy to let you know that as a valued current member, your membership rate will remain unchanged, as long as your membership remains active. However, the 24-hour access rate change will be implemented on all memberships.

We deeply appreciate your understanding and continued support. Should you have any questions or need further assistance, please do not hesitate to contact Susie Cahill, Fitness Center Director, or Lanessa Cafourek, Fitness Center Administrative Assistant.



Council For A
**HEALTHY
DENT COUNTY**
Where Health Education and Community Meet!



New Yoga Class Time

Instructor: Ann Chase

Yoga develops inner awareness. It focuses your attention on your body's abilities at the present moment.

- 1st Class is always free at Healthy Dent County
- Yoga is included in membership
- Or daily fee for non-members is \$10



Saturdays in October, beginning October 5th!



9 a.m.



Healthy Dent County Fitness Center/ Salem Community Center @ the Armory



Call us at 573-739-1127 or email susie@salemcommunitycenter.org



The Perfect Holiday Venue

Secure your holiday celebration with us today. Book now!

- ❄️ \$150 for 5 hours.
(\$350 for 10 hours)
- ❄️ Available 7 days a week.
- ❄️ Seating for up to 250 people.
- ❄️ Tables, chairs, & kitchen included.
- ❄️ Sound system, projector & tablecloths available.

Salem Community Center

@the Armory
Where Health, Education and Community Meet

For rates and information, call 573-729-8163 | 1200 W. Rolla Rd. | Salem, MO 65560





Conference Rooms @ the Armory

Holiday and Birthday Parties, Reunions, Meetings, Baby Showers

❄️ \$50 weekdays, \$100 weekends

❄️ Available 7 days a week

❄️ Technology included (computer & large TV monitor)

Salem Community Center

@the Armory
Where Health, Education and Community Meet

For more information and availability, call 573-729-8163 | 1200 W. Rolla Rd. | Salem, MO 65560



Walden Room (Up to 12 people)



Rotary Room (Up to 35 people)

Making Birthday Parties Easy!

Bounce House Birthday Party

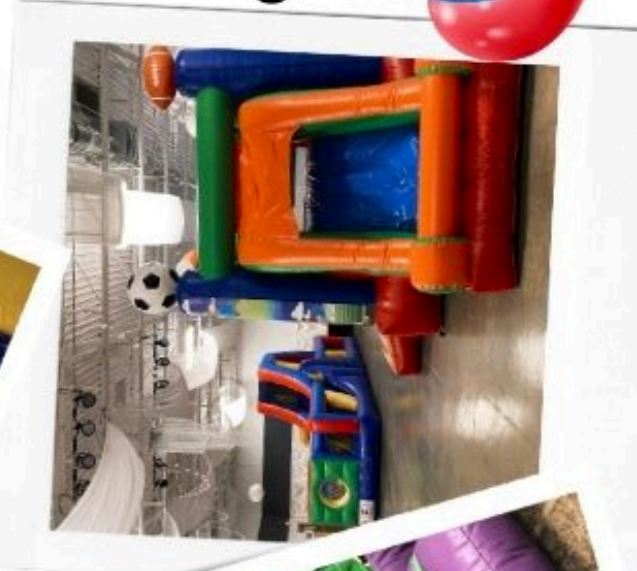
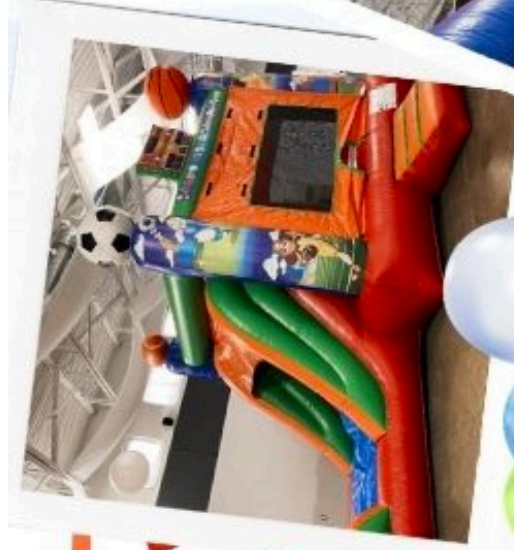
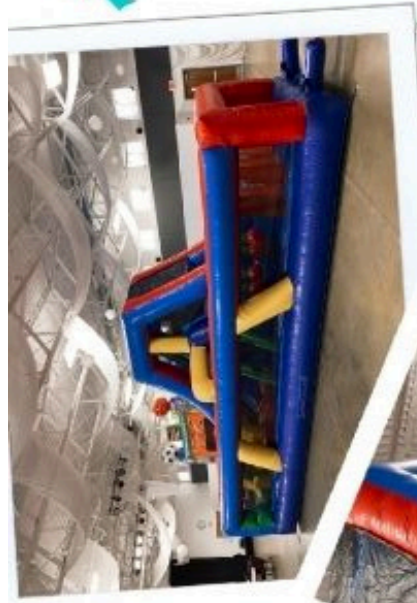
Salem Community Center @ the Armory

3 Bounce Houses

4 Hours \$300

(Tables, Chairs, and Kitchen Included)

Questions? Please call us at (573) 729-8163





Healthy Dent County Fitness Center

Office Hours

Monday - Friday 8:00 a.m. - 4:30 p.m.

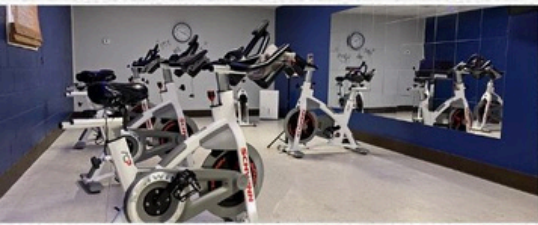
Fitness Center Hours

Monday-Friday: 5 a.m.- 7 p.m.

24 Hour Access Available

- Cardio Room
- Weight Room
- Spin Room
- Classroom
- Gymnasium

For rates and information, call 573-739-1127 | 1200 W. Rolla Rd. | Salem, MO 65560





Salem Community Center @ the Armory

Heading to a family gathering at the Salem City Park?
Swing by next door and check out our gymnasium, we're a short walk away!

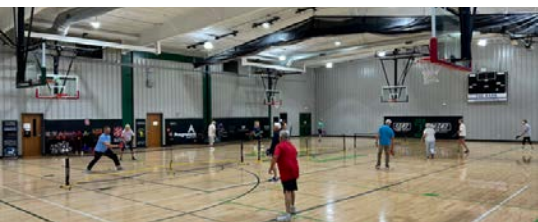
Gymnasium Rentals

Half Court - \$15 an hour

Full Court - \$25 an hour

- Basketball
- Volleyball
- Pickleball
- Dodgeball

For information and availability, call 573-739-1127 | 1200 W. Rolla Rd. | Salem, MO 65560



Healthy Dent County Fitness Center

Renew Active

by  UnitedHealthcare®



SilverSneakers

Are you a senior or on disability? Want a free gym membership? See if you qualify today!



1. Take your SilverSneakers or Renew Active info to the Healthy Dent County Fitness Center Office
2. Sign up in the Healthy Dent County Fitness Center Office
3. Tour the facility and start working out at no extra cost!

Questions? Please call us at (573) 739-1127 or email Lanessa@salemcommunitycenter.org



Membership Spotlight

Michael Ashton

Exercise and self-care take on a whole new meaning for Michael Ashton than for most of us. Michael became disabled at the age of 18. He spent his initial 3 years in a wheelchair, but to the doctor's surprise, he was able to walk with the assistance of crutches for the next 20 years. He has spent the last 10 years in the wheelchair again, but that does not mean he has given up by any stretch of the imagination. For Michael, working out allows him to maintain independence to continue to move himself around daily. It's imperative for him to maintain a strong upper body to lift himself in and out of his wheelchair. It's incredibly inspirational to watch him independently lift himself from his chair onto an exercise machine.

Michael became interested in fitness at the age of 14. Mr. Olympia (Arnold Schwarzenegger) sparked it for him as I'm sure he did many young boys of that time. He utilized magazines, videos and fitness instructors to educate himself for workouts. His interest in fitness increased after becoming disabled. Michael credits his physical exercise for giving him the strength to move himself. He is driven to continue by a strong will to not give up.

Michael works out on the upper body machines once per week at Healthy Dent County and does daily workouts at home as well. Every day is arm day for him as a strong upper body is his key to independent living. He and his wife enjoy working out together and incorporate a healthy diet into their lifestyle as well as the exercise. Watching Michael move about from his wheelchair onto our machines and back into the chair again is incredible and should invalidate any excuse a person can make for not exercising. Without a fit lifestyle, his life would have likely looked very different. Michael has chosen to make the most of it and put in the hard work to make it happen. Healthy Dent County is thankful to Michael for putting the importance of a fit and active lifestyle into perspective and being such a great example and role model for maintaining quality of life.



HEALTHY DENT COUNTY
FITNESS CENTER

October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Kickboxing 5:30 p.m. Spin</p>	<p>2</p> <p>8:30 a.m. Sweet & Low</p>	<p>3</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive</p>	<p>4</p> <p>8:30 a.m. Sweet & Low</p>	<p>5</p> <p>9:00 a.m. Yoga</p>	
<p>7</p> <p>8:30 a.m. Sweet & Low 10:00 a.m. Slow Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive</p>	<p>8</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Kickboxing 5:30 p.m. Spin</p>	<p>9</p> <p>8:30 a.m. Sweet & Low</p>	<p>10</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive</p>	<p>11</p> <p>8:30 a.m. Sweet & Low</p>	<p>12</p> <p>9:00 a.m. Yoga</p>
<p>14</p> <p>8:30 a.m. Sweet & Low 10:00 a.m. Slow Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive</p>	<p>15</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Kickboxing 5:30 p.m. Spin</p>	<p>16</p> <p>8:30 a.m. Sweet & Low</p>	<p>17</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive</p>	<p>18</p> <p>8:30 a.m. Sweet & Low</p>	<p>19</p> <p>9:00 a.m. Yoga</p>
<p>21</p> <p>8:30 a.m. Sweet & Low 10:00 a.m. Slow Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive</p>	<p>22</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Kickboxing 5:30 p.m. Spin</p>	<p>23</p> <p>8:30 a.m. Sweet & Low</p>	<p>24</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive</p>	<p>25</p> <p>8:30 a.m. Sweet & Low</p>	<p>26</p> <p>9:00 a.m. Yoga</p>
<p>28</p> <p>8:30 a.m. Sweet & Low 10:00 a.m. Slow Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive</p>	<p>29</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Kickboxing 5:30 p.m. Spin</p>	<p>30</p> <p>8:30 a.m. Sweet & Low</p>	<p>31</p> <p>10:00 a.m. Slow Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive</p>	<p>HAPPY HALLOWEEN</p>	



Healthy Dent County is dedicated to providing opportunities to improve health and quality of life by partnering with our community.



Contact us:

Phone: (573)729-8163

Email: lacey@salemcommunitycenter.org

Website: salemcommunitycenter.org

 Facebook: Council for a Healthy Dent County

Healthy Dent County Fitness Center

Healthy Dent County & Fitness Center Office Hours

8:00 a.m. to 4:30 p.m. Monday-Friday

Fitness & Cardio Room Hours:

5 a.m. to 7 p.m. Monday-Friday
(24 hour access code needed for weekends and after hours)